

Relationships

<p>Family and Close Positive Relationships</p> <ul style="list-style-type: none"> • The roles different people (e.g. acquaintances, friends and relatives) play in our lives • Identify the people who love and care for them and what they do to help them feel cared for • Different types of families including those that may be different to their own • Identify common features of family life • It is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried 	<p>Friendships</p> <ul style="list-style-type: none"> • How people make friends and what makes a good friendship • How to recognise when they or someone else feels lonely and what to do • Simple strategies to resolve arguments between friends positively • How to ask for help if a friendship is making them feel unhappy 	<p>Managing Hurtful Behaviour</p> <ul style="list-style-type: none"> • Bodies and feelings can be hurt by words and actions; that people can say hurtful things online • How people may feel if they experience hurtful behaviour or bullying • Hurtful behaviour (offline and online) including teasing, name-calling, bullying and deliberately excluding others is not acceptable; how to report bullying; the importance of telling a trusted adult 	<p>Safe Relationships</p> <ul style="list-style-type: none"> • Recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private • Sometimes people may behave differently online, including by pretending to be someone they are not • How to respond safely to adults they don't know • How to respond if physical contact makes them feel uncomfortable or unsafe • Knowing there are situations when they should ask for permission and also when their permission should be sought • The importance of not keeping adults' secrets (only happy surprises that others will find out about eventually) • Basic techniques for resisting pressure to do something they don't want to do and which may make them unsafe • What to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are heard
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